



MOUNT ST. JOSEPH
UNIVERSITY®
*Physical Therapy
Program*

Mount St. Joseph University

Department of Physical Therapy

July 2023



Welcome to the MSJ DPT Class of 2026

By Dr. Michael Obert



Our newest cohort of future DPTs began with orientation in mid-June, and are now just a few weeks into their classes. They are starting off the program with Gross Anatomy, taught by Dr. Beth Murray, and Clinical Exercise Physiology, taught by Dr. Mike Obert. The new cohort is excited, and a little nervous, to get started. The students come to the Mount from various backgrounds, parts of the country, and undergrad institutions. The majority of the students Ohio, but all parts of Ohio, and we have others from Kentucky, Indiana, Alabama, Florida, and Georgia! We are excited to welcome this newest cohort to the MSJ DPT family, and are excited to see them grow over the next 3 years!

SPTA 11th Annual Golf Outing

By Dr. Eric Schneider



Mount St Joseph University's Student Physical Therapy Association held its 11th annual golf outing on April 15, 2023 at Neumann Golf Course. A record 28 foursomes participated in the outing. Proceeds from this year's outing will fund community service projects, mentorship programs and student participation in state and national conferences. As always 10% of the proceeds from the event are donated to charity with this year's contribution going to the [Matthew Mangine Jr. Foundation](#) to help fund their mission to promote education and safety for competitive youth and high school sports.



Thank you to all of those who donated to this year's outing, especially our title sponsors Gateway Rehabilitation Hospital and the Frank Niesen Company. The outing would not have been possible without the hard work of our outing's organizers, Stephanie Peter and Chase Menchofer from the DPT Class of 2024, as well as the rest of the SPTA members who volunteered their time. Planning for next year's outing will start soon so stay tuned for more information.



New Summer Elective: Advanced Neuro Topics

By Dr. Kim Perkins



Dr. Christy Heinrich and I noticed that the 2024 cohort had shown a great interest in the neuro population, leading to us creating a new summer elective to further expose these students to this area of practice. This class, titled Advanced Neuro Topics, consisted of culling the evidence, classroom discussions, and hands on practice with patients, techniques, and equipment. Classes were exciting, engaging, and informative as we brought advanced topics to the classroom. We had a bioness rep come in to discuss FES and their product along with trialing it on the students. The students discussed and practiced serial casting on each other. They learned more about Body Weight Supported Treadmill Training and had hands on experience with a pediatric and adult volunteer. We discussed High Intensity Interval Training (HiIT) benefits and parameters before hooking a few patient volunteers up to heart rate monitors and trying it out. And finally, the students were able to select their own topic of interest to research and educate the class on. Topics ranged from Blood Flow Restriction (BFR)

to vibration plate, to stem cell and gene therapy, along with others. We all learned a lot throughout these 5 weeks and the students are ready for their upcoming clinical to show off their new skills. (Have other thoughts on topics to include in this course? Feel free to reach out to Kim.Perkins@msj.edu)



Revolutionizing Rehabilitation: New Cutting-Edge Equipment

By Dr. Michael Obert



One of the strengths of the MSJ DPT program is the fact that all of our full-time faculty maintain clinical practice. This allows us to keep up-to-date on current evidence-based practice to share with our students. It is no secret that technology in PT has evolved over the years. New technology allows us as PTs to better evaluate, treat, and track progress with our patients and clients. With this newer technology becoming more

prevalent in the clinic, it is vital for our students to have access to the equipment prior to embarking on their clinical experiences. In addition to our Dartfish movement analysis system, our Biopac system which allows us to perform EMG, EKG, and pulmonary function tests among other tests, our simulation labs and equipment, we have added some great new pieces to our technology in the classroom.

In the past few years, we have added Blaze Pods and Blood Flow Restriction systems to our classes and clinics. Last year, we purchased a Biodex Gait Trainer, which is an advanced treadmill that has the ability to provide audio cueing and visual feedback to clients in real-time, in addition to providing data on step length, step width, ground reaction forces, and other gait parameters. This has been a welcome addition to the Neuro Rehab class and the Pro Bono clinic to help our patients with neurologic dysfunction.

Our most recent addition has been the Kinvent K-Deltas and K-Move. The Kinvent system is a combination of force plates and an electro-goniometer that will allow us to take movement analysis to the next level. We plan to use this across the curriculum in classes such as Clinical Exercise Physiology, Biomechanics, Orthopedics for movement and force analysis, in addition to our Neuro Rehab and Geriatrics courses for balance assessment and training. We look forward to using this in the Pro Bono clinic for many of these purposes, as it also has rehabilitation games. We are confident that these new additions to our classrooms will allow our students to feel more comfortable with the technology they may see in the clinic. We also believe this will help us provide better assessments and care to our patients in the Pro Bono clinic!

PT Alumni Spotlight

Jennie (Reisert) Ripley, PT, MPT '01



About Jennie: Jennie Ripley has worked for The Christ Hospital Health Network for 22 years since she graduated from MSJ in 2001. Initially she worked in outpatient PT at the Mt. Auburn location (first at the Medical Office Building and then at the Joint and Spine Center) where she helped develop the aquatic therapy program and had an aquatic therapy certification through ATRI. She also was Geriatric Clinical Specialist from 2010 to 2020. She transferred to the Green Township location in fall of 2019. Since then, she has obtained a Dry Needling certification and a Vestibular Rehab

certification. She is a Senior PT in the Comprehensive Medicine Service Line helping to bridge the gap between the rehab team and physicians in Internal Medicine, Family Medicine, ENT, Cardiovascular and Pulmonary. This involves helping to improve provider relationships, developing clinical pathways and helping to improve patient outcomes, educating physicians related to services offered at our 8 outpatient offices, and assisting with staff education. She is also a liaison for the Family Medicine Resident program. Throughout the year, Family Medicine Residents will shadow her for a morning as part of their orthopedic rotation to learn more about the field of PT. She enjoys the fast-paced environment of the Green Township office and the variety of patients seen at that location. She mainly works with an orthopedic population and sees many post-operative patients, especially after joint replacement surgery, but also sees a number of vestibular and balance patients as well. She loves treating total knee replacement patients most of all and loves seeing the weekly progression of the patients and their return to function. She also loves being a Clinical Instructor for DPT students and enjoys being a part of their clinical education. She lives on the westside of Cincinnati (in Delhi) with her Kevin, her husband of 18 years, and their sons, Patrick (15) and Michael (13).

What are your thoughts on a Mount PT education? I am always very proud to say that I am a Mount St. Joe alum when my patients ask me where I went to school. I was in the 3rd graduating class at MSJ in the PT program back when it was a 4-year entry-level Master's program, which is crazy to think about! I am sure the program has changed so much since I was there, but one thing that has not changed is the quality of education provided, preparing students to be knowledgeable, professional, and skilled clinicians. When I think back on the education I received, I feel like I was very well prepared for life as a PT professional when I graduated. My education at the Mount laid a great foundation for life-long learning as a PT!

What do you enjoy about being a physical therapist? What I love most about PT is the relationships I make with my patients. I am so grateful to be able to be a part of their lives and help them in their rehabilitation journey. I absolutely love seeing them progress and watching how far they come, especially after a surgery or an injury! I also love working with students as a clinical instructor because it allows me the chance to give back and I love watching their confidence grow during their time with me!

Any advice for current DPT students? My advice to current DPT students would be

to keep an open mind, seek out learning opportunities wherever possible and to HAVE FUN! You never know where your path will lead and what the future holds!

2023 MSJ PT ALUMNI EVENT

SAVE THE DATE!

DATE: October 7, 2023

TIME: 6:00-10:00 p.m.

LOCATION: In Between Tavern

DPT Graduate Admissions Sessions

Learning about the PT program is easy: visit our [website](#), follow us on Facebook or Instagram @msj.physicaltherapy or visit us at a graduate information session to meet current students and faculty.

Thursday, July 13th, 2023 - 6 pm (On Campus)

Tuesday, July 25th, 2023 - 6 pm (Virtual)

Wednesday, August 16th, 2023 - 6 pm (Virtual)

Friday, August 18th, 2023 (Friday) - 1 pm (Virtual)

Thursday, September 14th, 2023 (Thursday) - 6 pm (Virtual)

To sign up or for more information, visit the

[Graduate Admissions Webpage.](#)



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